

## **GENESIS OF SPECIALIZED WORKSHOPS IN DELAWARE**

We began AVP in Delaware in 1990. We were providing Basic, Consensus Advanced and T for F workshops. By 1993 we realized a need to do a specialized advanced workshop on racial issues because of the needs of the inmate population. Having a specialized advanced agenda would allow us to provide a fully developed agenda on the topic on a consistent basis. We thus developed the Bias Awareness Workshop from several existing programs and AVPised it. This workshop proved to be very powerful and it expanded to other prisons in Delaware. After experiencing the Bias Awareness, the men in one of the prisons expressed frustration, because the workshop addressed the issue of women and relationships and they didn't know who they were supposed to be in those relationships. They had no good role models themselves, so didn't know how they could be the men they knew they wanted to be. In response to this need, they developed the "Manly Awareness Workshop" in 1995. In 1996, I began training correctional staff in AVP on a weekly basis. While doing these staff trainings, I realized the need for anger management training and in 1998 developed the Anger Management module for correctional staff. In 1999, I expanded the module and added forgiveness and developed the Anger and Forgiveness Workshop for AVP.

The Bias Awareness Workshop has been very powerful for the men in Delaware Prisons. In the late 1990's I shared the Bias Awareness Workshop with South Africans in Cape Town and it was again, a very powerful experience for the community participants. In early 2000's Mary Lou Beatman traveled to Australia where she shared the workshop agenda and materials with the Sydney group.

John Shuford

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